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Amendments to the Claims:

This listing of claims will replace all prior versions and listings of claims in the Application.

Listing of Claims:

1. (Original) A reformer exercise apparatus comprising:

a generally rectangular frame formed by a foot end and a head end connected to two spaced-apart parallel track members;

a movable carriage mounted on the rail members for supporting a user and for movement along the rails and biased toward the foot end of the frame by an elastic member;

a pair of spaced-apart anchor bar supports fastened to the frame near the foot end, each support having a series of slanted slots having a bottom wall portion joining a pair of spaced parallel sidewall portions; and

an elongated elastic member anchor bar having a central axis, mid portion and a pair of bar ends, each bar end being received within one of the slots in each bracket, each bar end having a pair of parallel sides preventing rotation of the anchor bar within the slot.

- 2. (Original) The reformer exercise apparatus of claim 1, wherein the anchor bar is a hollow tube having an oval outer cross-sectional shape.
- 3. (Original) The reformer exercise apparatus of claim 2, wherein the anchor bar has a thickened wall portion.
- 4. (Original) The reformer exercise apparatus of claim 3, wherein the thickened portion supports one or more anchor members fastened to the anchor bar.
- 5. (Original) The reformer exercise apparatus of claim 1, wherein the anchor bar supports are formed in the track members.

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6. (Original) The reformer exercise apparatus of claim 5 wherein each of the track members is a rectangular extrusion having a plurality of parallel slanted slots therein forming the anchor bar supports to receive the anchor bar ends.

7. (Currently amended) An elongated elastic member anchor bar for use in a reformer exercise apparatus having a generally rectangular frame formed by a pair of spaced-apart parallel side frame members joining a head end and a foot end, the frame having a pair of spaced-apart anchor bar supports fastened to the frame near the foot end, each support having a series of upwardly open slanted slots, the elongated anchor bar having a longitudinal axis and comprising:

an extrusion having <u>bar ends</u> and <u>having</u> a generally oval cross sectional shape having two opposite side portions, wherein the side portions <u>at the bar ends</u> prevent angular rotation of the anchor bar about its longitudinal axis when the bar ends are received within a pair of <u>the</u> slots.

- 8. (Currently amended) The anchor bar of claim 6 7 further comprising a thickened wall portion receiving a plurality of anchor members thereon.
- 9. (Currently amended) The anchor bar of claim 7 8, wherein thickened portion has an outer flat surface facing away from the foot end of the frame when the bar is positioned in the pair of slots.
- 10. (Currently amended) The anchor bar of claim 6 7 wherein the opposite side portions are parallel.
- 11. (New) A reformer exercise apparatus comprising:

a generally rectangular frame formed by a foot end and a head end connected to two spaced-apart parallel track members;

a movable carriage mounted on the rail members for supporting a user and for movement along the rails and biased toward the foot end of the frame by an elastic member; S/N 10/690,679 PATENT

a pair of spaced-apart anchor bar supports formed in the rails near the foot end, each support having a spaced series of U shaped slanted slots having a curved bottom wall portion joining a pair of spaced parallel sidewall portions; and

an elongated elastic member anchor bar having a pair of bar ends, each bar end being received within one of the slots in each support, each bar end having a pair of parallel sides, wherein at least one of the parallel sides engages one of the sidewall portions to prevent substantial rotation of the anchor bar within the slot.

- 12. (New) The reformer exercise apparatus of claim 11, wherein the anchor bar is a hollow tube having an oval outer cross-sectional shape.
- 13. (New) The reformer exercise apparatus of claim 12, wherein the anchor bar has a thickened wall portion.
- 14. (New) The reformer exercise apparatus of claim 13, wherein the thickened portion supports one or more anchor members fastened to the anchor bar.
- 15. (New) The reformer exercise apparatus of claim 14 wherein the thickened portion is vertical when the bar is positioned in one of the pairs of slanted slots in the rails.
- 16. (New) The reformer exercise apparatus of claim 11 wherein both parallel sides of the bar ends engage the sidewall portions to prevent rotation of the anchor bar within the slanted slot.